

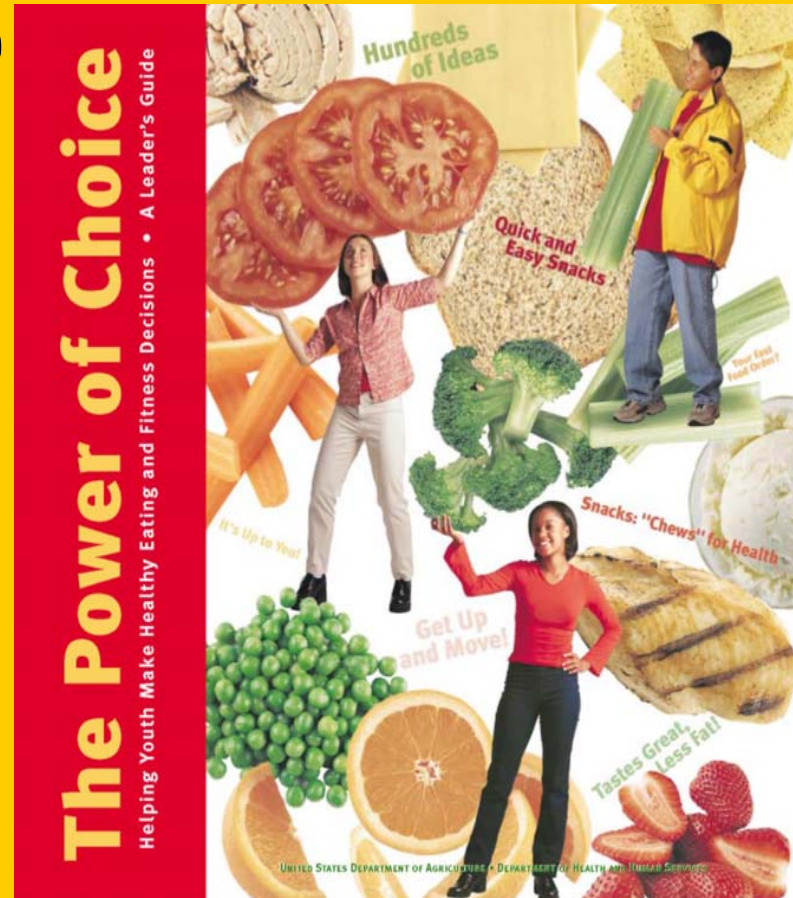
The Power of Choice

Helping Youth Make
Healthy Eating and
Fitness Decisions

- - - - -

A Leader's Guide

Press space bar to proceed



The Power of Choice:

What Is It?

- ◆ A healthy lifestyle initiative designed to involve kids.
- ◆ A chance for kids to explore the links between fitness, food choices, food safety, and health.



**The Power
of Choice:**



Target Group



Preteens

(ages 11 to 13)

**participating in
out-of-school
programs**



The Power of Choice: Kids' Health Risks

Focuses on unique needs
of preteens



- ◆ Many kids are flunking eating!
- ◆ Childhood obesity is increasing.
- ◆ Activity levels drop around age 13.

The Power of Choice:

Goals

- ◆ Empowers
- ◆ Motivates
- ◆ Builds skills



The Power of Choice: What It Provides

- ♦ Life skills activities that build confidence
- ♦ Positive experiences with peers, caring adults, and families
- ♦ Experience setting goals and making sound decisions
- ♦ Support for involvement in the community



The Power of Choice:

Leader's Guide

- ◆ Hundreds of Ideas
- ◆ Quick & Easy Snacks
- ◆ 10 Critical Topics
- ◆ "Getting-ready" Help

The Power of Choice: Leader's Guide

- ♦ Recipe booklet
- ♦ Nutrition Fact cards
- ♦ Builds on middle school health messages in USDA's *yourSELF* kit
- ♦ 4 Posters with Key Themes



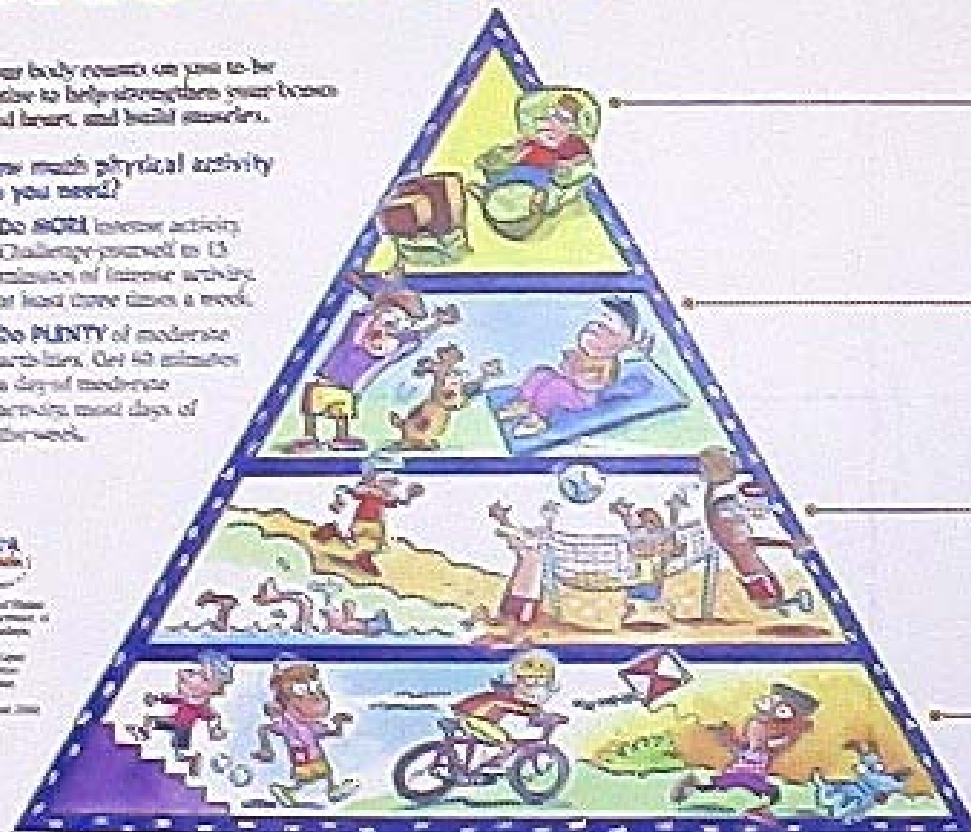
Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do you need?

- Do **NOT** intense activity. Challenge yourself to 15 minutes of intense activity at least three times a week.
- Do **PLENTY** of moderate activities. Get 60 minutes a day of moderate activity most days of the week.


 National Heart, Lung, and Blood Institute
 Division of Heart and Lung Health
 Bethesda, MD 20892
 1-800-541-8721



Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to help your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, joggie, dance, climb the stairs, just keep moving whenever you can.

Source: www.nhlbi.nih.gov

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Feed Me

GIVE ME WHAT I NEED!

Eat...

LESS

Limit solid fats, added sugars, and sodium
10% or less of calories



ENOUGH

2 cups of vegetables
1 cup of fruit

2 cups of grains
2 cups of protein



MORE

2 cups of vegetables
2 cups of fruit

2 cups of grains
2 cups of protein



PLENTY

2 cups of vegetables
2 cups of fruit



Choose what you eat based on your needs



EVERY DAY, eat *at least* the smallest number of servings from the food group ranges.

READ IT *before you EAT IT!*



How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (225g)
Servings Per Container 2

Amount Per Serving

Calories 250 • Calories from Fat 150

	% Daily Value*
Total Fat 10g	20%
Saturated Fat 5g	10%
Cholesterol 30mg	60%
Sodium 470mg	20%
Total Carbohydrate 31g	62%
Dietary Fiber 5g	10%
Sugars 5g	
Protein 5g	

Vitamin A 40% • Vitamin C 20%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a diet of other people's secrets. Your daily needs may be higher or lower depending on your current needs.

	Calories	Total Fat	Sodium	Total Carbohydrate	Dietary Fiber
Low Fat	150	5g	100mg	20g	5g
Low Sodium	150	5g	100mg	20g	5g
Low Fat & Low Sodium	150	5g	100mg	20g	5g

Always read labels carefully. See back for more information.

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices

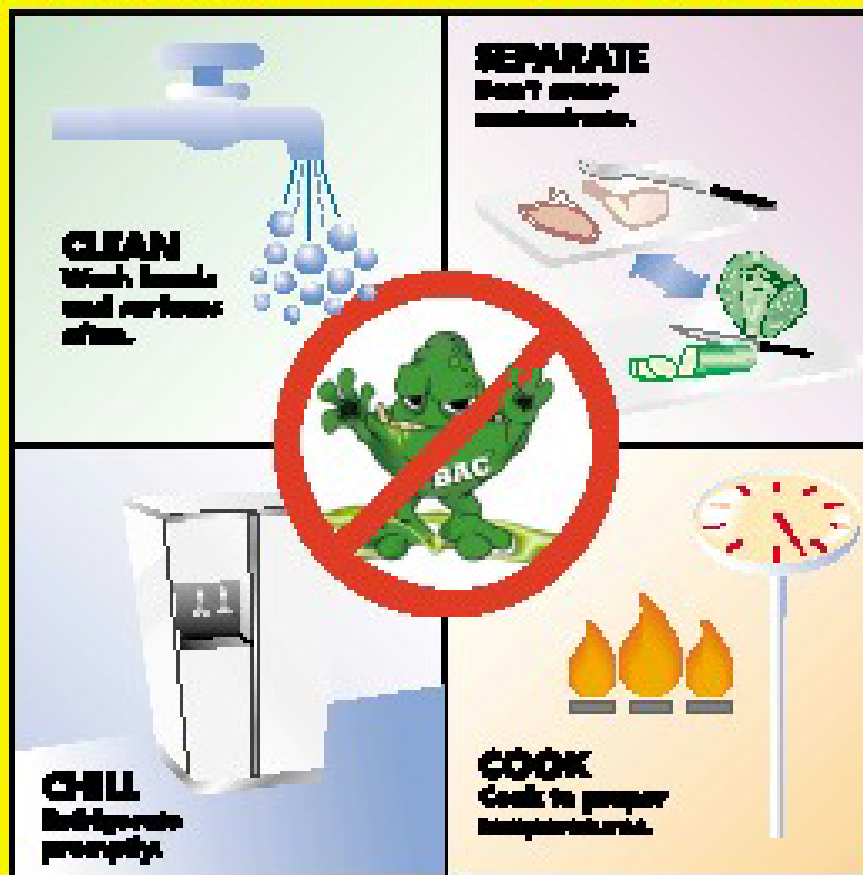
Low Fat	Low Sodium	Low Fat & Low Sodium	Low Fat	Low Sodium	Low Fat & Low Sodium	Low Fat	Low Sodium	Low Fat & Low Sodium

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The information on this label is for informational purposes only. It is not intended to be used as a substitute for medical advice from a healthcare provider. Always consult your healthcare provider before making any changes to your diet or exercise routine.

www.fda.gov/oc/ohrt/

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FIGHT BAC



Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
<http://schoolmeals.nal.usda.gov>



United States Department of Agriculture • Food and Nutrition Service • October 2002
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The Power of Choice: Supplemental Content



The enclosed CD contains:

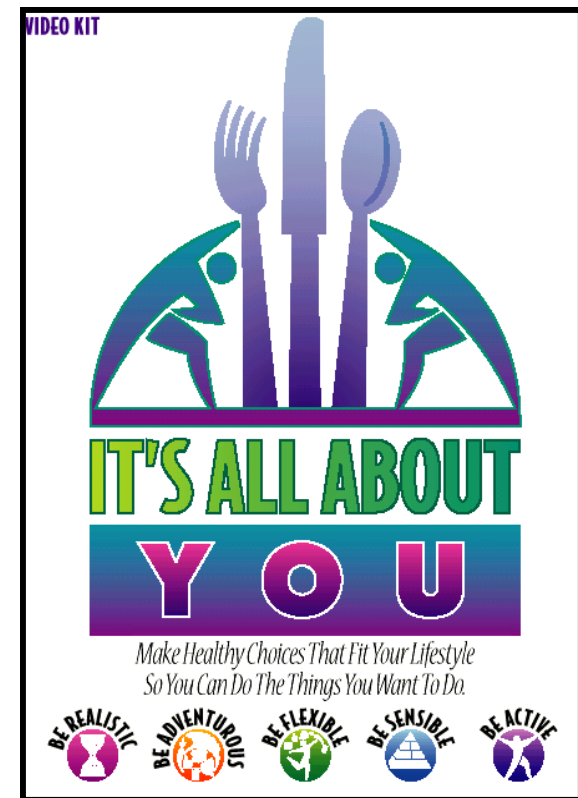
- ◆ MORE activities and snack ideas
- ◆ The basics of what young teens need
- ◆ Tips for meaningful communication
- ◆ Ways to get families involved
- ◆ Personal Power Tips for Leaders Only
and... a 27 minute video

The Power of Choice: Showing by doing...

The CD contains:

It's All About You

It shows Leaders, and other adults, how to make healthy choices for their own benefit and how they can be the right kind of role model for kids.



**The Power
of Choice:**



Promotion...

Use these tools to get others involved:

Recipe

Booklet targets kids and parents

Video

talks to parents & other adults

**Slide
Show**

gives a quick overview for
training or support

The Power of Choice: Who developed it?

Food and Drug Administration

of the Department of Health and Human Services

and

Food and Nutrition Service

of the Department of Agriculture

The Power
of Choice:



For More...

Free Resources and Information

Go to the Team Nutrition webpages:

<http://www.fns.usda.gov/tn/>